



C. Lucas Myerson, MD

Shoulder and Elbow Surgery

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PT Protocol - LUCL Repair/Reconstruction

Phase I (Protection Phase)

Precautions

- NO VARUS STRESS ON THE ELBOW till 8 weeks (No abduction of shoulder, No combined abduction and external rotation of shoulder, No reaching out)
- Elbow ROM to be done in supine position (lying on back) with shoulder flexion (60-90) in the plane of body (no shoulder abduction)

Week 0-2:

- Elbow is immobilized in a posterior plaster splint

Week 2-6:

- Transition to hinged elbow brace (locked in 30-100° in first 3 weeks and 15-110° in 4-6 weeks)
- Therapist supervised active-assisted elbow flexion and extension exercises with patient lying flat on table (Avoid flexion or extension in 0-30° in first 6 weeks)
- Avoid supination past 20° in first 6 weeks
- Active wrist and hand ROM followed by active assisted and active starting at 3 weeks

Phase II (Active Range of Motion): Weeks 6-12

- Wean the use of the hinged brace (between 6-8 weeks)
- Elbow, forearm and wrist active ROM
- Begin isometric strengthening exercises for wrist, forearm, and elbow starting at 10 weeks
- End range stretching to start at 10 weeks

Phase III (Advanced Strengthening): 3 months and beyond

- Shoulder abduction allowed
- Progressive shoulder and elbow strengthening

Modalities

- Heat and Ice, Ultrasound, Iontophoresis, Phonophoresis, Therapists' discretion, TENS



Evaluation and others

- Teach home exercise program

Learn More About Your Condition:

Visit Dr. Myerson's website to learn more about your condition:
www.lucasmyersonmd.com

